



**SPRINGFIELD WATER AND SEWER COMMISSION
P.O. BOX 995, SPRINGFIELD, MA 01101**

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FOR IMMEDIATE RELEASE

Cease The Grease This Holiday Season!

The Springfield Water and Sewer Commission is seeking to educate the public about the proper disposal of FOG (Fats, Oils and Grease). When washed down the sink or toilet, FOG sticks to the inside of sewer pipes and builds up, causing sewer backups into homes, apartments, and businesses. Sewer backups are costly to repair and present a significant public health risk.

Cooking creates Fats, Oils, and Grease (FOG). During the holiday season, the risk of sewer backups as a result of FOG is heightened because of the additional cooking that takes place for holiday celebrations.

Here are some simple steps residents can take to help prevent sewer backups:

NEVER:

- Never pour grease down sink drains
- Never use the toilet to dispose of food grease or scraps, sanitary items, diapers, or towels - dispose of in trash

ALWAYS:

- Always dispose of cooled cooking grease in a container with a lid and throw in the garbage.
- Always scrape food scraps from dirty dishes and pans into the trash before washing.
- Always use a paper towel or a scraper to remove residual grease from dishes and pans prior to washing.
- Always use baskets or strainers in sinks to catch food scraps and empty the scraps into the trash.
- Minimize the use of the garbage disposal - it does not eliminate grease, and FOG still goes into the pipes.



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The Commission has published a short video entitled, *Cease The Grease This Holiday Season*. The video contains simple kitchen practices to limit the amount of FOG entering the sewer system. [Click here to view.](#)

An informative article authored by the Springfield Water and Sewer Commission is also included for your use and reference.

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